



# Teacher Training Programs

P.O. Box 2322  
Ft Walton Beach  
Florida 32549

850 244 0184

dragonflyyoga.com

**Launch: February 22, 2025**

## Become a YOGA TEACHER

### 200 hr Yoga Teacher Training

Take the next level of your journey.  
Become a teacher, and deepen your relationship  
with yourself and yoga.



**Begin: February 22, 2025**

visit **DRAGONFLYYOGA.COM** 850 428 9264



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## Application and Enrollment Instructions and Check List

Yay! You are applying for the Dragonfly Yoga Teacher Training 200hr Program. This is a 200hr program. We will meet once a month as a group, and privately in-person, or by telephone for mentoring and personalized training.

### Prerequisite

- Knowledge of the basic asana practice
- Two Letters of Recommendation

### Requirement for Graduation

- Completion of required hours
- Regular home and studio practice
- Exit requirement: Written examination

### Application/Enrollment Check list:

- Application Form
- \$300 non-refundable deposit
- Headshot (to help us familiarize ourselves with you)

### Application Process:

- You will be notified by us of your acceptance status within two weeks of submittal of this application.
- Additional information regarding the training will be made available after your deposit is received and you have been accepted.

### Mail or drop off your application to:

Dragonfly Yoga PO Box 2322 Ft Walton Beach, FL 32549 Attn: 200hr Yoga Teacher Training

You can also email a copy of the Application Form and headshot (if possible) to:  
lauratyreehealth@gmail.com

*Please keep this page for your information*



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## Personal Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Names

Phone

Relationship

1. \_\_\_\_\_

2. \_\_\_\_\_

## Application Questions (please answer on a separate page)

- I verify that I have reviewed the dates of the program and can attend to completion. List any exceptions.
- How long have you studied yoga? List styles and main teachers.<sup>[SEP]</sup>
- Do you have experience teaching in any other field(s)?
- List other trainings or experience relevant to yoga and/or teaching?
- What motivates you to become a yoga teacher, or explore yoga more deeply?
- Please describe your home, or studio, yoga practice.<sup>[SEP]</sup>
- List any injuries or illnesses and how they affect your current condition.<sup>[SEP]</sup>
- List any medication you are currently prescribed

## Additional information

- Each applicant will be evaluated on an individual basis.
- General experience of the poses, and average physical stamina are required.
- It is not required that you become a certified teacher to in this program.
- You must participate in a weekly asana class with a qualified, approved instructor.
- You must complete all dates and trainings.



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## Payment information

- DEPOSIT: \$300 non-refundable deposit is due with your application, regardless of payment choice.
- EARLY BIRD RATE: \$2900 by January 22<sup>nd</sup>, 2025 (Total cost includes deposit)
- AFTER THE BIRD: \$3050 after January 22<sup>nd</sup>, 2025 (Total cost includes deposit)
- INSTALLMENTS: \$3200 (Total cost includes deposit) see below for installment details

\_\_\_\_\_ Paying by check. Please mail the deposit check with your application. You may also include the first installment, or may pay in full. Please include the participant's name (if other than check holder), street address, and phone number on your check.

Make your check payable to Dragonfly Yoga Inc.

\_\_\_\_\_ Paying by credit card.    \_\_\_ Mastercard    \_\_\_ Visa    \_\_\_ Amex

CC# \_\_\_\_\_ exp \_\_\_\_\_ 3 digit code \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

Address and Zip code of card billing address

\_\_\_\_\_ state \_\_\_\_\_ zip \_\_\_\_\_

I hereby authorize the office of Dragonfly Yoga to withdraw payment of \$ \_\_\_\_\_ or deposit and program installments at 8-week intervals until Paid in Full.

Sign here to verify authorization of withdrawal:

\_\_\_\_\_ date \_\_\_\_\_

A voided check must be included for the bank account option.

## Installment Plan

- DEPOSIT: \$300 non-refundable deposit is due with your application
- Remaining tuition paid in 3 installments. No penalty for early payment.
- Installment schedule is on an eight-week rotation.
- **Installment will be auto debited from our cc system. This set up must be completed by January 15, 2025**

Installment one \$975 Due Launch Day (start date)

Installment two \$975 Due 8 weeks after start date

Installment three \$950 Due 16 weeks after start date

Other payment options are available. To receive your certification, you must pay the entire amount owed for the training hours.



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The reading material cost is not a part of tuition. Plan the purchase of one, (occasionally two) books per month. These are standard yoga texts that you may already own and will serve as reference guides for the training. You will need to bring your yoga mat and manual for each of the trainings. This will be a fun and intense two days! Adequate rest and methodical study throughout the month prove to be the best practices for internalizing the information.

**Program Agreement:** It is my understanding that I must fulfill all the requirements set forth by the Dragonfly Yoga Teacher Training Program. I must complete all required contact hours, homework, volunteer time, quizzes, and the practical and written final evaluations in order to receive my letter of completion of the program. The certificate of completion may then be submitted to Yoga Alliance for registration, or for any use to provide proof of completed training hours. I understand that my tuition covers my training hours. The determination of my certificate is based on my fulfilled requirements, and ethical behavior.

It is my understanding that Dragonfly Yoga and its teaching staff reserves the right to ask me to leave the program at any time if I behave in any inappropriate way, am unethical, or in violation of the ethical guidelines set forth by Yoga Alliance. In the event of any of these situations, I will not be refunded my tuition.

It is my understanding that my deposit is non-refundable, and should I cancel my participation, it must be 30 days prior to the start date, in order to receive a refund of my remaining balance after the deposit is removed. Once the program begins, tuition is non-refundable and also non-transferable, unless under special circumstances, and agreed upon by all parties.

It is my understanding that all materials are under copyright protection and cannot be reproduced by me without permission from the author.

**I have read and accept the above terms and requirements:    \_\_\_ Yes    \_\_\_ No**

**Sign here to verify my review and acceptance of the terms and requirements of the program:**

\_\_\_\_\_ **date** \_\_\_\_\_



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## Training Dates

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### Dragonfly Yoga 2025

(Saturdays and Sundays 8am – 5pm)

Begin:

February 22 – 23

March 15 – 16

April 26 – 27

May 17 – 18

June 21 – 22

July 19 – 20

August 23 – 24

September 20 – 21

October 18 – 19

November 15 – 16 Exam and Graduation



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## Recommendation Letter Guidelines

Two letters of reference

- one yoga related letter
- one personal letter

Name of Applicant \_\_\_\_\_

Program applied for \_\_\_\_\_

Recommending Teacher \_\_\_\_\_

Teacher's Phone Number \_\_\_\_\_

Teacher's Email \_\_\_\_\_

To Teacher: The applicant above is applying for the Yoga Teacher Training Program with Dragonfly Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this student consistent with practice at a studio level?

Why would you recommend this applicant to a program of this nature?

Why will this applicant be an asset to the Yoga Teacher Training Program?

I recommend \_\_\_\_\_ for this program and endorse with my

signature \_\_\_\_\_ date \_\_\_\_\_

Thank You! Please mail this form to the address above.



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Name of Applicant \_\_\_\_\_

Program applied for \_\_\_\_\_

Recommending Person \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

The applicant above is applying for the Yoga Teacher Training Program with Dragonfly Yoga. The program includes vigorous asana practice, seated study hours, lecture, and hands on training. Modules are 7 to 9 hours in length, daily.

How long have you known the applicant and in what capacity?

Is this person capable of working consistently with others with an attitude of willingness to grow and learn?

Why will this applicant be an asset to the Yoga Teacher Training Program?

I recommend \_\_\_\_\_ for this program and endorse with my  
signature \_\_\_\_\_ date \_\_\_\_\_

Thank You! Please mail this form to the address above.